



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20042, Rice, brown, parboiled, dry, UNCLE BEN'S

Report Date: June 27, 2017 04:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	9.82	--	0.203	9.22	10.5	5.0	9.296	10.337	1	Analytical or derived from analytical	--	03/2015
Energy	kcal	370	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Energy	kJ	1547	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Protein ¹	g	7.60	--	0.121	7.26	8.1	5.0	7.287	7.907	1	Analytical or derived from analytical	--	03/2015
Total lipid (fat) ¹	g	2.75	--	0.056	2.6	2.9	5.0	2.605	2.895	1	Analytical or derived from analytical	--	03/2015
Ash ¹	g	1.16	--	0.020	1.1	1.24	5.0	1.104	1.209	1	Analytical or derived from analytical	--	03/2015
Carbohydrate, by difference	g	78.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fiber, total dietary ¹	g	3.5	--	0.138	3.3	3.8	2.0	2.946	4.134	1	Analytical or derived from analytical	--	03/2015
Sugars, total ¹	g	0.50	--	--	0.5	0.5	--	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.50	--	--	0.5	0.5	--	--	--	1	Analytical or derived from analytical	--	03/2015
Glucose (dextrose) 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Fructose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Lactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Maltose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Galactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Starch 1	g	73.83	--	0.524	73	74.8	2.0	71.579	76.087	1	Analytical or derived from analytical	--	03/2015
Minerals													
Calcium, Ca 1	mg	8	--	0.290	7	9	5.0	7.424	8.913	1	Analytical or derived from analytical	--	03/2015
Iron, Fe 1	mg	1.16	--	0.079	0.95	1.39	5.0	0.961	1.366	1	Analytical or derived from analytical	--	03/2015
Magnesium, Mg 1	mg	98	--	2.654	92	110	5.0	91.478	105.122	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	275	--	4.094	266	292	5.0	264.643	285.691	1	Analytical or derived from analytical	--	03/2015
Potassium, K 1	mg	219	--	5.451	207	242	5.0	204.487	232.513	1	Analytical or derived from analytical	--	03/2015
Sodium, Na 1	mg	6	--	0.157	5	7	5.0	5.6	6.41	1	Analytical or derived from analytical	--	03/2015
Zinc, Zn 1	mg	1.96	--	0.050	1.86	2.19	5.0	1.834	2.09	1	Analytical or derived from analytical	--	03/2015
Copper, Cu 1	mg	0.327	--	0.009	0.3	0.36	5.0	0.303	0.35	1	Analytical or derived from analytical	--	03/2015
Manganese, Mn 1	mg	2.975	--	0.118	2.62	3.4	5.0	2.673	3.277	1	Analytical or derived from analytical	--	03/2015
Selenium, Se 1	µg	25.2	--	4.961	19.1	35	2.0	3.82	46.513	1	Analytical or derived from analytical	--	03/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Thiamin 1	mg	0.277	--	0.009	0.26	0.29	2.0	0.239	0.315	1	Analytical or derived from analytical	--	03/2015
Riboflavin 1	mg	0.092	--	0.004	0.08	0.1	2.0	0.073	0.11	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	4.973	--	0.324	4.55	5.61	2.0	3.579	6.368	1	Analytical or derived from analytical	--	03/2015
Pantothenic acid 1	mg	0.895	--	--	0.86	0.93	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
Vitamin B-6 1	mg	0.407	--	0.012	0.39	0.43	2.0	0.355	0.458	1	Analytical or derived from analytical	--	03/2015
Folate, total 1	μg	14	--	2.331	11	19	2.0	4.136	24.197	1	Analytical or derived from analytical	--	03/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Folate, food	μg	14	--	2.331	11	19	2.0	4.136	24.197	1	Analytical or derived from analytical	--	03/2015
Folate, DFE	μg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Choline, total	mg	9.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin E (alpha-tocopherol) ¹	mg	0.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Tocopherol, gamma ¹	mg	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin K (phylloquinone) ¹	µg	0.9	--	--	0.9	1	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
Lipids													
Fatty acids, total saturated	g	0.481	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
4:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
8:0 1	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
10:0 1	g	0.015	--	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
12:0 1	g	0.004	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
14:0 1	g	0.013	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2015
15:0 1	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
16:0 1	g	0.376	--	--	0.36	0.39	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
17:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:0 1	g	0.046	--	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
20:0 1	g	0.013	--	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
24:0 ¹	g	0.010	--	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total monounsaturated	g	1.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
14:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
15:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
16:1 undifferentiated ¹	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
16:1 c ¹	g	0.004	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
16:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
17:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:1 undifferentiated ¹	g	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c ¹	g	1.010	--	--	0.97	1.04	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
18:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:1 ¹	g	0.010	--	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
22:1 c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
22:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
24:1 c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total polyunsaturated	g	0.841	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:2 undifferentiated ¹	g	0.811	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
18:2 n-6 c,c ¹	g	0.810	--	--	0.78	0.84	1.0	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:2 t not further defined ¹	g	0.001	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:3 undifferentiated ¹	g	0.026	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.026	--	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
18:3 n-6 c,c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:3i ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:4 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:2 n-6 c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:3 undifferentiated ¹	g	0.001	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:3 n-6 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:5 n-3 (EPA) ¹	g	0.003	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
22:4 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
22:5 n-3 (DPA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
22:6 n-3 (DHA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total trans	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD